



**CITY2CITY 50KM
2025
Nedbank Running Club Male – PROFILES**





CURRICULUM VITAE: Lucky Mohale

PERSONAL DETAILS

FIRST NAME / SURNAME: Lucky Mohale
DATE OF BIRTH: 21 August 1985
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Year</u>	<u>Venue</u>	<u>Time</u>
Half Marathon	Cape Town (RSA)	2012	1:01:08
Marathon	Casablanca (MAR)	2010	2:13:35
10km	Paarl (RSA)	2010	28:31
15km	Pretoria (RSA)	2015	44:56
25km	Pretoria (RSA)	2013	1:18:45

Best Performances 2025

Johnson Crane Hire Half Marathon, 1:07:27, 2nd
 Two Oceans 56km, 3:11:27, 3rd
 ABSA Run Your City Tshwane 10km, 31:10
 F21 Half Marathon, Phalaborwa, 1:06:05, 8th

Best Performances 2024

Mpumalanga Marathon, 2:20:25, 2nd
 ABSA RYC 10km Tshwane, 29:39, 7th
 Foskor Half Marathon, 1:04:29, 1st

Best Performances 2023

Cape Twn Marathon, 2:17:14, 18th

Best Performances 2022

ABSA RYC Durban 10k, Durban, 29:17
 Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:43





CURRICULUM VITAE: Onalenna Khonkhobe

PERSONAL DETAILS

FIRST NAME / SURNAME: Onalenna Khonkhobe
DATE OF BIRTH: 29 April 1996
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000m	8:56.63	Potchefstroom (RSA)	2021
10km	29:42	Preotia (RSA)	2024
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:18:36	Soweto (RSA)	2025
50km	2:39:41	Port Elizabeth (RSA)	2023

Best Performances 2025

Pirates Half Marathon, 1:08:45, 4th
 Biogen Half Marathon, 1:08:59
 ABSA Run Your City Tshwane 10km, 30:23, 16th
 F21 Half Marathon, Phalaborwa, 1:04:17, 4th

Best Performances 2024

Dischem Half Marathon, 1:05:41, 1st
 Two Oceans 56km, 3:09:30, 1st
 ABSA RYC 10km Tshwane, 29:42
 ABSA RYC 10km JHB, 30:47
 Soweto Marathon, 2:18:36, 1st

Best Performances 2023

SA Run4Cancer 48km, 2:37:57, 1st
 Comrades Marathon - Down Run (RSA) 87km, 5:59:08
 Nedbank Runified 50km, 2:39:41, 2nd

Best Performances 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:13
 Race to Equality, Johannesburg, 1:10:04, 8th
 Klerksdorp Marathon, 2:22:19, 1st
 Two Oceans 56km, 3:12:57, 6th

Best Performances 2021

ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 8:56.63, 6th
 ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 9:07.55, 4th
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:06:46





CURRICULUM VITAE: Rueben Mosiane

PERSONAL DETAILS

NAME & SURNAME: Rueben Mosiane
DATE OF BIRTH: 12 April 1997
CLUB: Nedbank Running Club
GENDER: Male
NATIONALITY: South African

Personal Best Times

Event	Result	Venue	Date
Marathon	2:23:11	Klerksdorp (RSA)	2023

Best Performances 2025

Balwin Sport Pretoria Marathon, 2:26:50, 1st

Best Performances 2024

Intercare Classic Half Marathon, 1:09:00, 3rd
 Tshwane North Ultra 50km, 2:56:53, 1st
 SA Run4Cancer Ultra Marathon 48km, 2:52:29, 2nd

Best Performances 2023

Klerksdorp Marathon, 2:23:11, 1st





CURRICULUM VITAE: Musawenkosi Mthlane

PERSONAL DETAILS

FIRST NAME / SURNAME: Musawenkosi Mthlane
DATE OF BIRTH: 1 May 1994
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Place	Date
Marathon	2:21:25	Cape Town (RSA)	2021
Half Marathon	1:09:45	Pietermaritzburg (RSA)	2024

Personal Performances 2024

Capital City Half Marathon, 01:09:45
My 1st Comrades Marathon, 06:03
Limpopo Seshego 50km, 2:55:31

Personal Performances 2023

Bhekizizwe Marathon, 2:22
Two Oceans Ultra, 3:11:23
Mangosuthu 52km, 2:h57
Soweto Marathon, 2:25:19

Personal Performances 2021

Best of the best, 2:22
Two Oceans Ultra, 3:14:46





CURRICULUM VITAE: **Degefa Yohannese Lafebo**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Degefa Yohannese Lafebo

DATE OF BIRTH: 2 October 1993

CLUB: Nedbank Running Club

NATIONALITY: Ethiopia

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:04:37	Bengaluru (IND)	2017
Marathon	2:16:54	San Sebastián (ESP)	2021
Two Oceans	3:12:47	Cape Town (RSA)	2024
Comrades	5:27:48	Durban (RSA)	2024

World Athletics Profile Link:

<https://worldathletics.org/athletes/ethiopia/yohannes-degefa-14782788>

Best Performances 2024

Two Oceans 56km, 3:12:47, 7th

Comrades Marathon Up run 86km, 5:27:48. 3rd

Best Performances 2023

Two Oceans 56km, 3:12:49, 6th





**CITY2CITY 50KM
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NEDBANK RUNNING CLUB



CURRICULUM VITAE: **Slindile Chili**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Slindile Chili
COUNTRY: South Africa
DATE OF BIRTH: 1994/07/03
CLUB: Nedbank Running Club

Personal Best Performances

Discipline	Performance	Venue	Date
10,000m	38:44.21	Stellenbosch (RSA)	2015
10km	37:05	Durban (RSA)	2014
Half Marathon	1:22:28	Mount Edgecombe (RSA)	2014
Marathon	2:57:21	Mossel Bay (RSA)	2019

Best Performances 2025

Prince Mangosuthu Ultra Marathon 52km, 3:51:26, 4th
 Comrades Marathon - Down Run (RSA) 90km, 7:01:22, 26th

Best Performances 2024

Runified 50k, 3:32:13, 2nd
 Absa Run Your City Joburg 10km, Johannesburg, 38:38
 Tshwane North Ultra (RSA) 50km, 4:04:31, 5th
 Comrades Marathon - Up Run (RSA), 7:57:34

Best Performances 2023

Brooklyn Road Race Half Marathon, 1:30:10, 7th
 SA Run 4 Cancer 48km Ultra Marathon, 3:26:01, 3rd

Best Performances 2022

Durban City Marathon, Durban, RSA, 3:00:56, 1st

Best Performances 2021

KZNA 10000m League, Durban, RSA, 39:53.34, 4th
 KZNA Ch., Durban, RSA, 39:41.52, 4th
 Prince Mangosuthu Ultra Marathon, 4:08:46, 4th

Best Performances 2019

Petro SA Marathon, Mossel Bay, RSA, 2:57:21, 6th





CURRICULUM VITAE: **Worke Degu Amena**

PERSONAL DETAILS

FIRST NAME / SURNAME: Worke Degu Amena
DATE OF BIRTH: 18 January 1994
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST

Event	Result	Venue	Date
5000m	16:44.02	Osterode (GER)	2022
Half Marathon	1:18:03	Hyderabad (IND)	2012
Marathon	2:38:10	Durban (RSA)	2024

PERSONAL PERFORMANCES 2025

Two Oceans Marathon (RSA) 56km, 3:51:57, 7th

PERSONAL PERFORMANCES 2024

Durban International Marathon, 2:38:10, 3rd

PERSONAL PERFORMANCES 2022

Internationales Sparkassenmeeting, Jahnstadion, Osterode GER, 16:44.02, 1st
Oelder Sparkassen Citylauf, Oelde GER, 34:39, 7th
Gütersloher DJK Halbmarathon, Gütersloh GER, 1:18:20, 1st

